

Mindful Tech: balancing work and life

@antonygroves

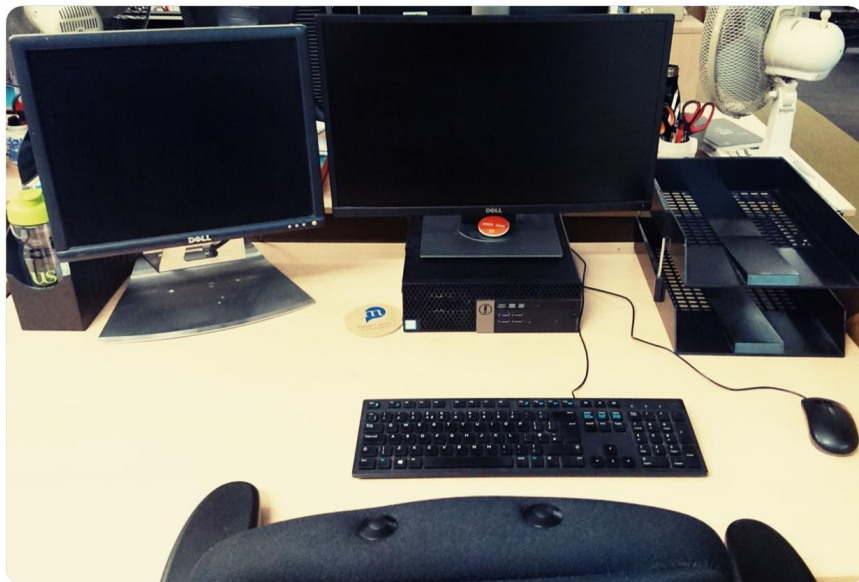




Antony Groves
@AntonyGroves



...and done! On [#SharedParentalLeave](#) until February. Although will be taking a break from my break to talk at the [@MultiMediaIT](#) AGM in January about my experience of [#mindful](#) tech in balancing work and life. Free tickets available at eventbrite.co.uk/e/mmit-2018-ag...



23/11/2018, 18:55



Antony Groves
@AntonyGroves



The calm before the storm...



22/06/2016, 19:58



Following

MND Association

@mndassoc

Our vision is a world free from motor neurone disease facebook.com/mndassociation #MND

📍 England, Wales & Northern Ireland 🔗 mndassociation.org 📅 Joined March 2012



Following

Sands

@SandsUK

Sands is the UK stillbirth & neonatal death charity. We support anyone affected by the death of a baby & promote research to reduce the loss of babies' lives.


📍 London 🔗 sands.org.uk/findingthewords 📅 Joined September 2010

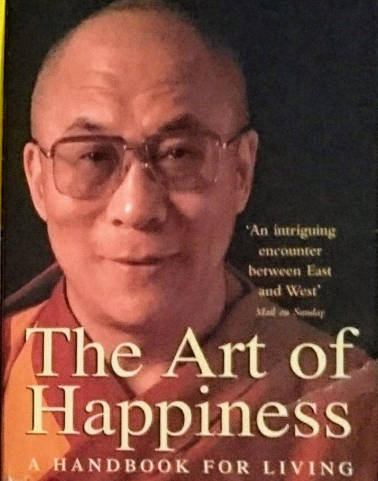
SENECA
ON THE
SHORTNESS
OF LIFE
LIFE IS LONG
IF YOU
KNOW HOW
TO USE IT
PENGUIN
BOOKS
GREAT IDEAS

LIFE
LESSONS
FROM
KIERKEGAARD
ROBERT
FERGUSON
THE
SCHOOL
OF LIFE

unhappiness from which most people in civilized countries suffer."

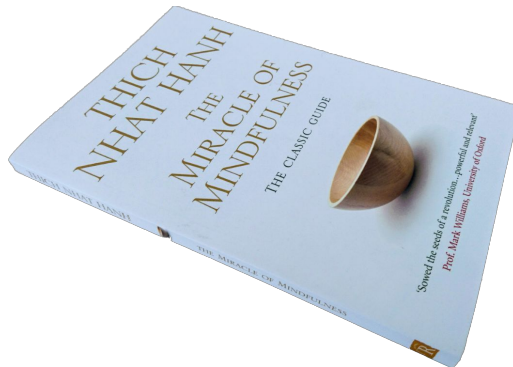
The
Conquest
of
Happiness
Bertrand
Russell
INTRODUCTION BY DANIEL C. DENNETT

VIKTOR E. FRANKL
Man's
Search For
Meaning

The classic tribute to hope from the Holocaust

The International Bestseller
HH DALAI LAMA
& HOWARD C. CUTLER

'An intriguing
encounter
between East
and West'
Mail on Sunday
The Art of
Happiness
A HANDBOOK FOR LIVING

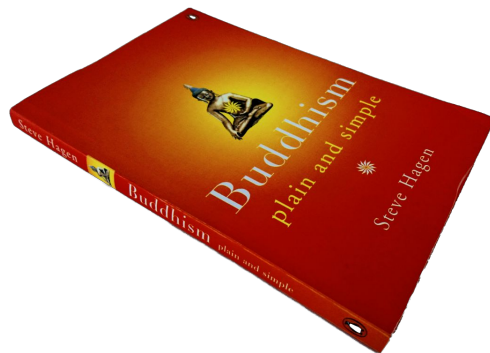
Marcus
Aurelius
The
Meditations
Translated by
G.M.A. Grube

“Remember that there is only one important time and that is now. The present moment is the only time over which we have dominion” p.75



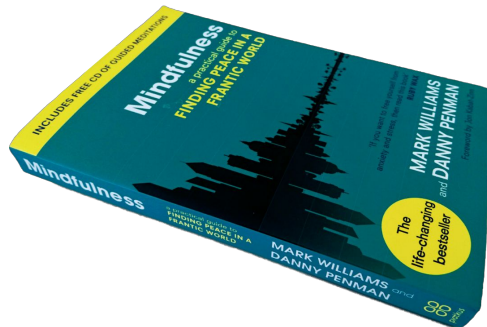
Nhat Hanh, T. (2008) *The Miracle of Mindfulness*. London: Rider

“Real Buddhism is not really an “ism.”
It's a process, an awareness, an
openness, a spirit of enquiry - not a
belief system, or even (as we normally
understand it) a religion” p.9



Hagen, S. (1999) *Buddhism plain and simple*. London: Penguin

“When you start to feel a little sad, anxious, or irritable it’s not the mood that does the damage but how you react to it” p.8



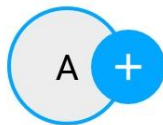
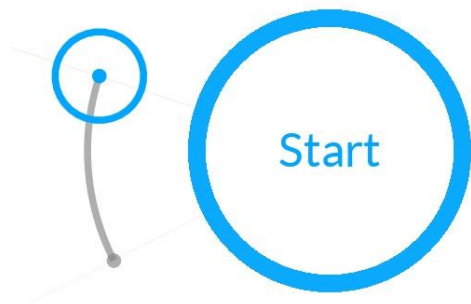
Williams, J.M.G., Penman, D. and Kabat-Zinn, J. (2011) *Mindfulness: a practical guide to finding peace in a frantic world*. London: Piatkus.



Digital wellness is less about the act of disconnecting and more about the simplicity of understanding that you are in control of your digital destiny.

Stoller, E. (2018) 'Working on Digital Wellness', *Inside Higher Ed*, 1 November. Available at: <https://www.insidehighered.com/blogs/student-affairs-and-technology/working-digital-wellness> (Accessed: 1 November 2018).

(OFFTIME)



Unplugging



APPS:



CALLS/SMS:





HEADSPACE®

Mindful Tech

3-10 MIN • MEDITATION

Technology doesn't have to constantly steal our attention—we get to define how we interact with our devices. Using a technique called noting, try to be less reactive to the pings and notifications, and instead develop a healthier relationship with all things tech.



DreamLab



Vodafone
Foundation

You're supporting  **Project DRUGS Phase 2**



Charge your device to power
DreamLab

Imperial College
London

Thank you

Alison has been staring at this beautiful tree for five hours.

She was meant to be in the office.
Tomorrow she will be fired.

In this way, mindfulness will have
solved her work-related stress.

Hazeley, J. and Morris, J. P. (2015)
Mindfulness. London: Ladybird Books

